Effect of music on the growth monitoring of low birth weight newborns

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Abstract

Background: Low Birth Weight (LBW) is a significant public health problem in many parts of the world and is associated with a range of adverse consequences. The aim of this study was to assess the effect of music on the growth monitoring of LBW newborns. Methods: In this clinical trial, 58 infants with birth weight between 2000 and 2500 g were assessed in the intervention (N: 35) and the control (N: 23) groups. The intervention group received daily classic music for 28 days about 15 to 20 min at home and the control group received only routine treatment. Both groups were followed by daily contact and visited by the pediatrician three times in a month. Primary and secondary outcomes were compared by Student's t-test, Mann Whitney test, chi-square test and repeated measurement ANOVA, being significant $p < 0.05$. Results: Height, weight, and head circumference were significantly different between two groups ($P < 0.001$). The time of breastfeeding (BMF), sleep and calming in the intervention were more than the control ($P < 0.001$). Formula Consumption in the control was more than the intervention ($P < 0.001$). Conclusion: The classic music can improve anthropometric index, feeding, sleeping time, and calm duration. IRCT registration number: IRCT2017061919077N3. © 2021 The Authors

Author keywords

Growth monitoring; Infant; Low birth weight; Music